

TRICEPS EXTENSION MACHINE

Abstract of the Disclosure

5 An exercise machine includes: a frame configured to rest on an underlying
surface; a seat mounted to the frame and configured to receive a seated user; a pair of
support pads mounted to the frame forwardly of and above the seat, each of the
support pads being positioned to engage the upper arms and/or elbows of the seated
user; a pair of movement arm units pivotally interconnected with the frame and
10 movable about respective generally horizontal axes of rotation; and a resistance
system connected with the movement arm units. Each of the pair of movement arm
units is configured to engage the forearms and/or the hands of the user and is movable
between a retracted position, in which the seated user's arms are bent, and an
extended position, in which the user's arms are extended, the axes of rotation forming
15 an angle of between about 115 and 155 degrees.